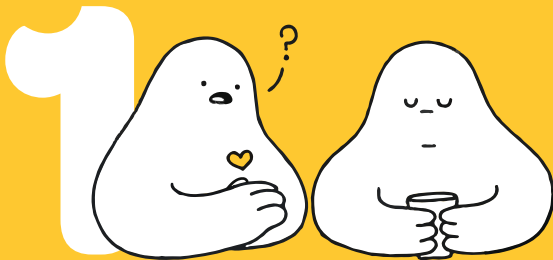


RUOK?TM

**Have a conversation
using these 4 steps**

I'm **here**
to **hear**



How are you
travelling?

You don't
seem yourself
lately – want to
talk about it?

Ask R U OK?



I'm here to listen
if you want to
talk more.

Have you been
feeling this way
for a while?

Listen



What do you think
is a first step that
would help you
through this?

Have you spoken
to your doctor
about this?

Encourage action



Just wanted to
check in and see
how you're doing?

Have things
improved for you
since we last spoke?

Check in

Learn more at ruok.org.au